



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Hip Braces and Dislocations

An integrated care organisation

Dislocation of a Total Hip Replacement

Following dislocation of a Total Hip Replacement, the Consultant may request the fitting of a POHO brace (Post Operative Hip Orthosis). Occasionally this may also be requested following a partial hip replacement.

Once a Hip Replacement has dislocated, you may be advised to restrict certain movements in order to allow the hip to recover from the trauma of further surgery/ manipulation. Often, though not always, a POHO is requested.

- You will be encouraged not to bend the hip more acutely than 90 degrees (this means not reaching any further than your knees whether standing or sitting)
- You should not cross your legs, even at the ankles
- You should not twist your body, causing rotation of the hip (usually it is recommended that you ensure that your chest and feet are always pointing in the same direction)

The brace helps you to heed these hip precautions, thereby reducing the risk of the hip re-dislocating.

If you attempt to lean forward while wearing the brace the belt will squeeze you around your middle; any attempts to cross the feet or legs will be counteracted by the brace sitting along the outside of the affected leg – it will not stop you but you would feel some resistance from the brace.

The brace does not, however, help you to remember not to twist so you must make every effort to remember to avoid performing that movement.

NB. The POHO cannot guarantee the stability of the joint. It is possible for the hip to dislocate even while wearing the POHO, but it will help you to remember to abide by the recommended precautions.

Usually, wearing the brace for 6-12 weeks allows sufficient protection for the soft tissue around the hip to recover. However, where the hip is particularly unstable the consultant may suggest wearing the POHO long term, if further surgery is not indicated.

Types of brace

There are now many brands of POHOs available but at Southport District General Hospital we most commonly use a Donjoy or Dynacox Evolution brace (see overleaf). Each of these braces offers sensory feedback regarding flexion of the hip and any attempt to cross the legs, but we have found that some suit certain body shapes better than the other. The decision about which brace is used is usually made by the Occupational Therapist or Physiotherapist.

Your consultant will have provided information to the Therapist regarding the stability of your joint and the brace will be set accordingly, restricting your hip bend to an appropriate range.

Following the manipulation of your joint back into place it will be necessary to remain lying on your back in bed until the brace has been fitted. You will normally have a wedge

shaped cushion between your lower legs to prevent any strain upon your hip.



Donjoy POHO brace



Dynacox Evolution brace

The therapist will measure you for your brace within 24 hours of your manipulation. It is important to recognise that the POHO is designed to give you sensory feedback. Although it will be fitted to be as comfortable as possible, you will be aware of the constriction around your waist/hips – this is necessary for the brace to do its job.

Most of the time your brace can be accessed immediately from stock held within the hospital, but occasionally it may

be necessary to order it from suppliers which may take a further 24 hours (or longer over the weekend).

The brace should be worn 24 hours a day, and should be slept in.

Washing and dressing

The POHO should not be removed for showering as the hip would then be vulnerable in an environment which is already particularly 'risky' as far as over-flexing and twisting may be concerned. It is recommended that showering is avoided for as long as the brace is worn, and that a strip wash is taken instead. Of course, getting down into a bath is to be completely avoided until the hip is stable again (definitely no sooner than 2 months).

The brace should not be removed to wash - each section of the body should be washed individually. For instance – the waist section can be undone and the body washed with a cloth before securing the belt firmly again. The leg strap should only be undone once the belt is secured, and then the leg washed with a cloth. It is recommended that a vest or thin t shirt be worn to give a barrier between the skin and the POHO; this will prevent the brace rubbing and will prevent the brace becoming soiled quickly. Lower body underwear should be worn over the top of the brace to allow easier toileting.

Outer clothing should all be worn over the top of the brace.

How do I know if the brace is in the correct position?

No matter which POHO has been used, the bar which comes down the leg should be where the seam of a pair of

trousers would lie, directly down the centre of the outside aspect of the leg. The oval shaped component of the brace should sit on the outside of the leg. If this is coming towards the front of your thigh the brace has slipped round and should be adjusted accordingly. (It is not unusual for the brace to slip round during the night. Always make sure that the brace is correctly positioned before getting up in a morning.)

The thigh section should fit firmly just above your knee but should not interfere with the ability to bend your knee. If you are feeling that your knee bend is restricted please inform the therapist who fitted you with your brace. Checking the illustrations in this booklet should help you to confirm that the brace is in the correct position.

Contact:

Named Occupational Therapist: _____

Named Physiotherapist: _____

Orthopaedic Therapy Team: _____

Contact number: _____

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT

Thank you

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